



Fitness Schedule



www.LongmontColorado.gov/rec

Key: (A) - All Levels
(1) - Beginner
(2) - Intermediate
(#) - Advanced



Longmont Recreation Center
310 Quail Rd • 303-774-4800

Building Hours:

Monday-Friday: 5am-10pm
Sat & Sun: 7am-6pm

Lap Pool Hours:

Mon-Fri: 5am-9:30pm
Sat & Sun: 7am-5:30pm

Leisure Pool Hours*:

Mon-Fri: 9am-9:30pm
Sat/Sun: 9am-5:30pm

(*Slides open at 10am M/F/Sat & 11am M/T/Th/Sun.)

No slides/water features on during some classes.)

Babysitting Hours: (Ages 6mo to 7yrs)

Monday-Friday: 8am-1:30pm & 4-8pm
Sat: 8am-1pm Sun: 8:30am-1pm

Climbing Wall Hours:

School Out Hrs: 12-8:30pm

Mon-Fri: 4:30pm-8:30pm Sat/Sun: 10am-4pm

Cafe: Mon-Fri: 5:15-8:15pm Sat/Sun: 11:30am-5:45pm

Water Classes

Monday	7:30am - Aqua Motion 9:00am - Morning Fitness 10:15am - SilverSneakers® Splash 12:00pm - Deep H2O 7:00pm - Heep H2O
Tuesday	7:30am - Aqua Motion 9:00am - Aqua Zumba® 12:00pm - Masters Swim 6:00pm - Aqua Circuit 7:00pm - Aquatic Cross Training
Wednesday	7:30am - Aqua Motion 9:00am - H2O Fitness 10:15am - Aqua Zumba® 12:00pm - Deep H2O 7:00pm - Deep H2O
Thursday	7:30am - Aqua Motion 9:00am - Aqua Power 10:15am - SilverSneakers® Splash 12:00pm - Masters Swim 6:00pm - Aqua Circuit 7:00pm - Aquatic Cross Training
Friday	7:30am - Aqua Motion 9:00am - Morning Fitness 12:00pm - Deep H2O
Saturday	9:00am - Deep H2O 10:15am - Aqua Zumba

Land Classes

Monday	6:00am - Indoor Cycling (A) 7:00am - Abs & Arms (A) 8:00am - Core Plus (A) 9:00am - Cardio Kick Boxing (#) 9:15am - SilverSneakers® Yoga (A) 10:15am - Sculpt & Tone (2) 12:00pm - Cardio/Sculpt (2) 1:30pm - Zumba® Gold (A) 4:30pm - Indoor Cycling (A) 5:30pm - Boot Camp (#) 5:30pm - Pilyoga (#) 7:00pm - Zumba® (A)
Tuesday	5:30am - Indoor Cycling (A) 5:45am - Boot Camp (#) 7:30am - Zumba® (A) 8:45am - SilverSneakers® Classic 9:15am - Step (#) 9:35am - SilverSneakers® Circuit 10:30am - Sculpt & Tone (2) 12:00pm - NIA (A) 4:15pm - Cardio/Sculpt (2) 5:30pm - Sculpt & Tone (2) 5:30pm - Pilyoga (A) 6:30pm - NIA (A) 6:30pm - Pilyoga (A) 7:00pm - Zumba® (A)
Wednesday	6:00am - Indoor Cycling (A) 7:00am - Abs & Arms (A) 8:00am - Pilyoga (#) 9:00am - Cardio Kick Boxing (#) 9:15am - SilverSneakers® Yoga (A) 10:15am - SilverSneakers® Yoga (A) 10:15am - Sculpt & Tone (2) 12:00pm - Zumba® (A) 12:15pm - Tai Chi (1) 1:30pm - SilverSneakers® Cardio 4:30pm - Indoor Cycling (A) 5:30pm - Boot Camp (#) 7:00pm - Zumba Step® (1)
Thursday	5:30am - Indoor Cycling (A) 5:45am - Boot Camp (#) 7:00am - Cardio/Sculpt (1) 7:30am - Zumba® (A) 8:00am - Butts & Gutts (2) 8:45am - SilverSneakers® Classic 9:15am - Step (#) 9:35am - SilverSneakers® Circuit 10:30am - Sculpt & Tone (2) 12:00pm - NIA (A) 4:15pm - Cardio/Sculpt (2) 5:30pm - Sculpt & Tone (2) 5:30pm - Pilyoga (A) 6:30pm - NIA (A)
Friday	6:00am - Indoor Cycling (A) 7:00am - Pilyoga (A) 8:00am - Cardio/Sculpt (2) 9:00am - Pilyoga (A) 9:15am - Core Plus (A) 10:15am - Zumba® Gold (A) 10:15am - SilverSneakers® Yoga (A) 11:15am - SilverSneakers® Yoga (A) 12:00pm - Cardio/Sculpt (2) 12:15pm - Tai Chi (1) 2:00pm - Zumba® (A) 4:30pm - Indoor Cycling (A) 5:30pm - Boot Camp (#) 6:00pm - NIA (A)
Saturday	7:00am - Cardio Kick Boxing (#) 8:10am - Indoor Cycling (A) 9:00am - Cardio Kick Boxing (#) 10:15am - NIA (A) 11:45am - Cardio/Sculpt (2)
Sunday	7:30am - Butts & Gutts (A) 8:45am - Cardio Kick Boxing (#) 10:00am - Cardio/Sculpt (2) 11:15am - NIA (A) 4:30pm - Zumba® (A) 4:30pm - Zumba® for Kids (Kids 4-10 yrs)



Centennial Pool

1201 Alpine St • 303-651-8406

Water Classes

Monday	6:00am - Masters Swimming 9:00am - Deep H2O
Tuesday	9:00am - Deep H2O 7:30pm - Beginning Masters Swimming
Wednesday	6:00am - Masters Swimming 9:00am - Deep H2O
Thursday	9:00am - Deep H2O 7:30pm - Beginning Masters Swimming
Friday	6:00am - Masters Swimming 9:00am - Deep H2O
Saturday	6:45am - Masters Swimming
Sunday	10:15am - Aqua Zumba®

Fitness Room Hours:

Monday-Thursday: 5:30am-8:30pm
Friday: 5:30am-6:30pm
Saturday: 7am-4pm
Sunday: 10am-5pm

Lap Swim:

Monday-Thursday: 5:30am-3pm
Saturday: 8am-11am & 1pm-4pm
Sunday: 10am-5pm

Open Swim:

Monday-Thursday: 11:30am-3pm
Friday: 10am-3pm
Saturday (Family Swim) 1pm-4pm
Sunday (\$3): 12pm-2pm

Land Classes

Monday	12:00pm - Core Plus (A)
Thursday	12:10pm - TRX Plus (#)

Did you know?? Centennial Pool offers monthly TRX fitness classes on Mon/Wed (8:15am or 5:30pm) and on Tues/Thurs (8:15am or 5:45pm). Call 303-651-8406 for more information.

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Pass Promotions • end 1/31

Valid for annual, quarterly, & monthly auto-debit.

- Receive one free visit for each passholder that updates their photo.
- Using credit cards for monthly pass? Switch to a banking account for two free visits.
- Buy an Annual Pass and get bonus free visits

**Household=2 adults & their children (22 & under) living at home



St Vrain Memorial Building

700 Longs Peak Ave • 303-651-8404

Building/Weight Room Hours:

Monday-Friday: 6am-8pm
Tues/Thurs (\$3 weight room) 6am-7am
Saturday: 7:30am-5pm

Open Gym Basketball:

Tues/Thurs: 11:30am-2:30pm

Land Classes

Monday	6:00am - Cardio/Sculpt (2) 8:00am - NIA (A) 9:15am - Power of 3 (1) 12:00pm - Pilyoga (A) 5:45pm - Power of 3 (1)
Tuesday	6:00am - Pilyoga (1) 8:00am - Senior Conditioning (A) 9:15am - Senior Strength Training 5:30pm - Tai Chi (1)
Wednesday	6:00am - Cardio/Sculpt (2) 8:00am - NIA (A) 9:15am - Power of 3 (1) 12:00pm - Pilyoga (A) 5:45pm - Zumba® Gold (A)
Thursday	8:00am - Senior Conditioning (A) 9:15am - Senior Strength Training 12:00pm - Zumba® Step (1) 5:30pm - Zumba® (A)
Friday	6:00am - Sculpt & Tone (2) 9:15am - Power of 3 (1) 12:00pm - Pilyoga (A)
Saturday	7:30am - Cardio/Sculpt (2) 9:15am - Pilyoga (A) 10:30am - Zumba® (A)
Sunday	NO CLASSES

Facility Fees

Visit Drop-In Resident Non-Resident

Tot: Under 2 yrs	FREE	FREE
Child: 2-10 yrs	\$ 3.75	\$ 4.75
Youth: 11-17 yrs	\$ 4.00	\$ 5.00
Adult: 18-54 yrs	\$ 5.00	\$ 6.25
Senior: 55+ yrs	\$ 4.00	\$ 5.00
Designated Family Swim	\$11.00	\$13.75

Drop-In Babysitting: (6 Months-7 Years)

Parent/Guardian must remain in the building
Free babysitting included with Household passes. ONLY at LRC.

½ hour (Minimum)	- \$1.25
1 hour	- \$2.50
1½ hour	- \$3.75
2 hours (Maximum)	- \$5.00
20 hour Babysitting Pass	- \$50.00

20 Visit Pass *fees effective Jan 2

Valid at All Facilities - Expires 5 years from date of purchase. Pass may be shared,

Resident	- \$75.00
Non-Resident	- \$93.50
Corp/Military	- \$67.50

The benefits of Annual, Quarterly, and Monthly auto-debit passes:

Admittance to all year-round and seasonal facilities. Free towels at LRC and the St Vrain Memorial Building. Free babysitting at LRC for Household passholders. Free skate rental at the Ice Pavilion.

Annual Pass (no fee change in 2015)

Expires 1 year from date of purchase.

	Resident	Non-Res	Corp/Military
Child: 2-10 yrs	\$143.00	\$178.75	N/A
Youth: 11-17 yrs	\$204.00	\$255.00	N/A
Adult: 18-54 yrs	\$358.00	\$447.50	\$286.50
Senior: 55+ yrs	\$204.00	\$255.00	\$163.25
Couple: 18+ yrs	\$594.00	\$742.50	\$522.50
Household **	\$674.00	\$842.50	\$602.50

Quarterly Pass *fees effective Jan 2

Expires 3 months from date of purchase. ID required for Corp/Military rate.

	Resident	Non-Res	Corp/Military
Child: 2-10 yrs	\$ 41.00	\$ 51.25	N/A
Youth: 11-17 yrs	\$ 59.00	\$ 73.75	N/A
Adult: 18-54 yrs	\$103.00	\$128.75	\$ 82.50
Senior: 55+ yrs	\$ 59.00	\$ 73.75	\$ 47.25
Couple: 18+ yrs	\$171.00	\$213.75	\$154.50
Household**	\$194.00	\$242.50	\$174.50

Monthly-Auto Debit *fees effective Jan 2

Bank Account/Credit Card will be charged on the 10th of each Month. Three full monthly payments ARE REQUIRED before cancelling.

	Res	Non-Res	Corp/Mil
Child: 2-10 yrs	\$14.00	\$17.50	N/A
Youth: 11-17 yrs	\$20.00	\$25.00	N/A
Adult: 18-54 yrs	\$36.00	\$45.00	\$32.50
Senior: 55+ yrs	\$20.00	\$25.00	\$18.00
Couple: 18+ yrs	\$59.00	\$73.75	\$55.50
Household **	\$67.00	\$83.50	\$63.50

Special Classes/Announcements

Holiday Hours - Wed, Dec 24 & Dec 31

- Ice Pavilion: 10am-4pm
- Centennial Pool: 5:30am-3pm
- Longmont Recreation Center: 5am-3pm
- St Vrain Mem Bldg: 6am-3pm

Holiday Hours: Thurs, Dec 25 & Jan 1

- All facilities CLOSED - Happy Holidays

Special New Years Zumba® Class:

Thurs, Jan 1, 1-2:30pm @ LRC
A class to kick start your year! General use of facility is NOT available.